

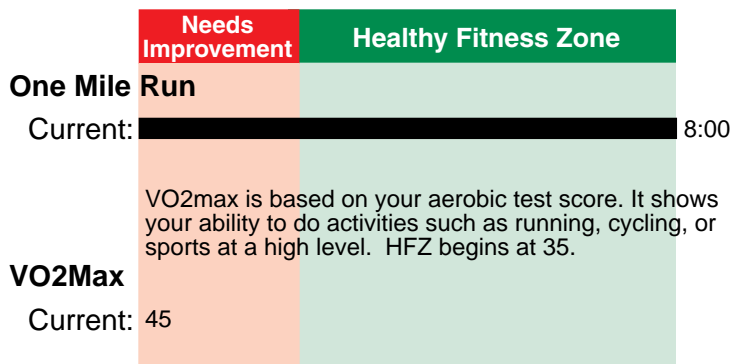
Your scores on 5 of 6 tests were in or above the Healthy Fitness Zone. You are also doing strength and flexibility exercises. However, you need to participate in aerobic activity most every day.

Jessica Ricotta
Grade: College Age: 19
Unassigned School

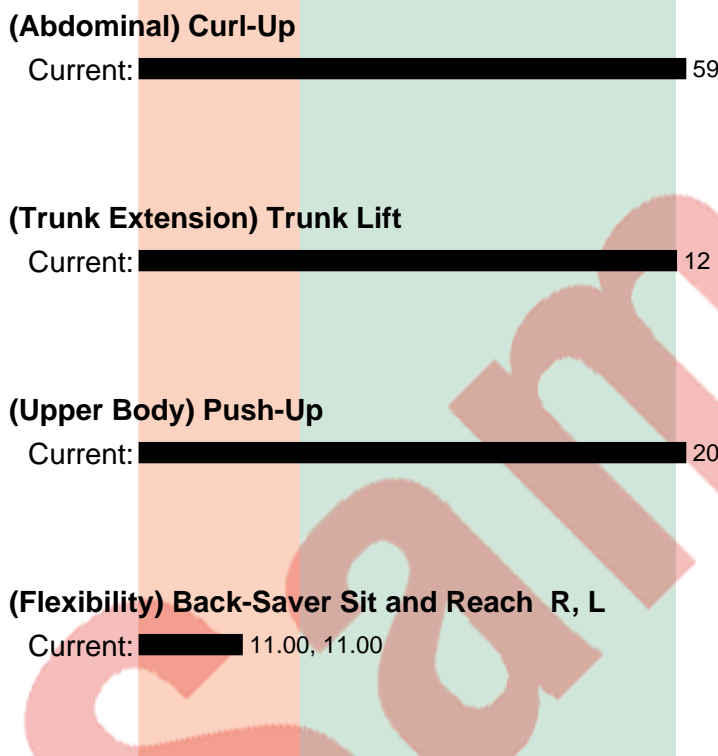
Instructor: Jessica Ricotta

	Date	Height	Weight
Current:	03/25/2008	5' 6"	135 lbs

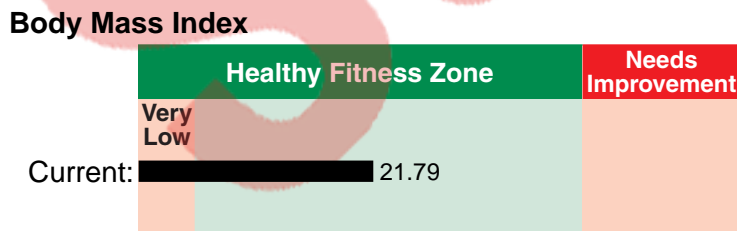
AEROBIC CAPACITY



MUSCLE STRENGTH, ENDURANCE, & FLEXIBILITY



BODY COMPOSITION



Being too lean or too heavy may be a sign of (or lead to) health problems.

ACTIVITY

Question	Number of Days
On how many of the past 7 days did you participate in physical activity for a total of 30-60 minutes, or more, over the course of the day?	3
On how many of the past 7 days did you do exercises to strengthen or tone your muscles?	3
On how many of the past 7 days did you do exercises to loosen up or relax your muscles?	2

MESSAGES

Although your aerobic capacity score is in the Healthy Fitness Zone now, you are not doing enough physical activity. Try to participate in moderate or vigorous aerobic activities 30 to 60 minutes at least 5 days each week to maintain your fitness.

Improve your flexibility by continuing to do your stretching activities. Be sure that you are stretching slowly 3 or 4 days each week, holding the stretch 20-30 seconds.

Your trunk strength is in the Healthy Fitness Zone. To maintain your fitness, be sure that your strength-training activities include trunk lifts in a slow, controlled manner at least 3 to 5 days each week.

Your abdominal strength was very good. To maintain your fitness level, be sure that your strength activities include curl-ups 3 to 5 days each week. Remember to keep your knees bent. Avoid having someone hold your feet.

Your upper-body strength was very good. To maintain your fitness level, be sure that your strength activities include resistance exercises for the upper body. Do these exercises 2 to 3 days each week.

Jessica, your body composition is in the Healthy Fitness Zone. Doing physical activity most days may help to maintain your level of body composition. You should also eat a healthy diet including more fruits and vegetables and fewer fats and sugars.

Healthy Fitness Zone for 19 year-old girls

- One Mile Run = 8:00 - 10:00 minutes
- Curl-Up = 18 - 35 repetitions
- Trunk Lift = 9 - 12 inches
- Push-Up = 7 - 15 repetitions
- Back-Saver Sit and Reach = At least 12 inches on R & L
- Body Mass Index = 17.20 - 27.30

Number of Days
 To be healthy and fit it is important to do some physical activity almost every day. Aerobic exercise is good for your heart and body composition. Strength and flexibility exercises are good for your muscles and joints.

Good job! You are doing some aerobic activity and strength and flexibility exercises. Additional vigorous aerobic activity would help to promote higher levels of fitness.